BERRY CANNING

1 x no ingredients

Berry Canning Procedures

Canning, if you have a lot: Because cranberries, like most berries, are highly acid, they don't need much heat to be safely canned (or bottled). You can process them in sterilized jars or bottles for 20 minutes in boiling water (vegetables, meats, other non-acid fruits are not safe to can this way, you should process in a pressure cooker). Water bath (non-pressure) processing can be done in any large, deep pot. Put the jars on a rack in the bottom so they don't touch the bottom. You will need to use the type of glass jar that has a zinc cap and a rubber washer ring. If you can find them anywhere any more. Leave at least 1.5-2 inches empty at the top of the jar, put on the ring and cap, screw it tightly, but then turn it back 1/4 inch, so it's sealed against the water but can vent a little pressure. Water must be at least 1 inch over tops of jars. Bring to boil, and boil for at least 20 minutes. Remove jars. Screw lids down very tightly while still hot, so cooling juice will pull it down to a tight vacuum.

This same canning procedure can be followed with high-acid berry jams and jellies, but for low-acid foods (including tomatoes) use a pressure cooker. Right they didn't use to have them, they used to have a lot of spoilage and food poisoning. Traditionally, fruits were preserved by drying. Pressure cookers began to be used on Minnesota rezzes during the early years of World War II when Native people prepared big "victory gardens" and even supplied food to white people for the wartime efforts. A few pressure cookers were shared among many women. (Red Lake ladies also formed a home defense rifle brigade.)

BERRY COBBLER

1 x no ingredients

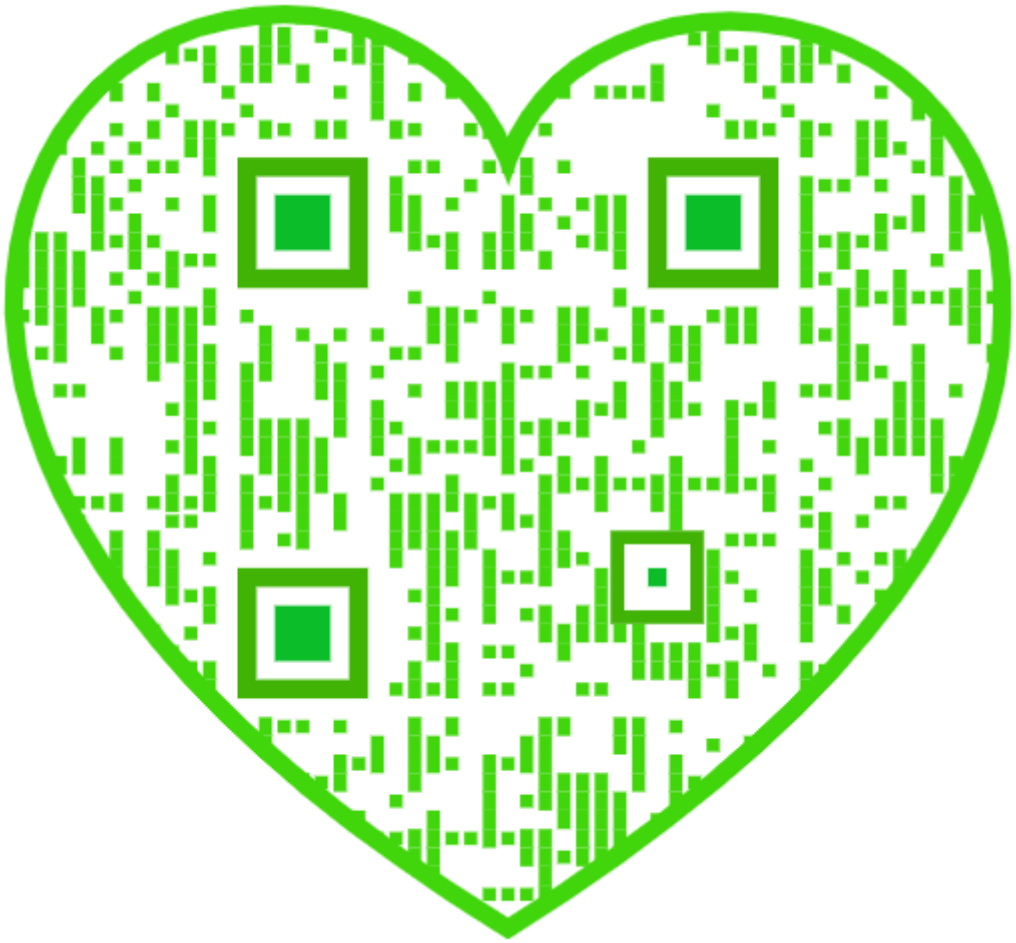
1 qt fresh strawberries or blackberries, washed (if you use strawberries, slice them in half)
1/2 cup sugar

Topping:

1 cup corn meal
1/4 cup sugar
1 tsp baking powder
1 tsp salt
1/2 cup sour milk
2 Tbs melted butter or margarine

Sauce:

1/4 cup honey
1 Tbs melted butter or margarine
1 Tbs lemon juice



Instructions:
Place berries in a 2-quart baking dish, and sprinkle with sugar. For the topping, mix together all dry ingredients, then quickly stir in the milk and
melted butter or margarine. Drop batter by the tablespoon on top of berries,
forming a design of rounds. Mix together sauce ingredients, and pour over batter and exposed berries.

Bake in a moderately hot oven, 375 degrees, for 1 hour. Serve at room temperature.

Southern Indian women, being both creative and experimental cooks, sweetened
their corn-meal batter, mixed it with wild blackberries or strawberries, and
baked the two together in to a kind of cobbler.

Yield: 1 recipe

BERRY CORN COBBLER

1	qt	fresh strawberries or blackberries,; slice strawberries
1/2	cup	sugar
		topping:
1	cup	corn meal
1/4	cup	sugar
1	tsp	baking powder
1	tsp	salt
1/2	cup	sour milk
2	tbs	melted butter or margarine
		sauce:
1/4	cup	honey
1	tbs	melted butter or margarine
1	tbs	lemon juice

Place berries in a 2-quart baking dish, and sprinkle with sugar. For the topping, mix together all dry ingredients, then quickly stir in the milk and melted butter or margarine. Drop batter by the tablespoon on top of berries, forming a design of rounds. Mix together sauce ingredients, and pour over batter and exposed berries. Bake in a moderately hot oven, 375 degrees, for 1 hour. Serve at room temperature. Southern Indian women, being both creative and experimental cooks, sweetened their corn-meal batter, mixed it with wild blackberries or strawberries, and baked the two together in to a kind of cobbler.

BERRY FRIED PIES

4	to	8 cups fresh berries
2	to	3 cups water
1/4	tsp.	salt
4	tbsp	cornstarch mixed well with cold wat; er
2 1/2	cup	sugar
1	recipe	stiff biscuit dough
		oil for frying

I got this recipe from a book written by an Oklahoma Choctaw women named Imogene Dawson. It uses either blueberries or blackberries (I've used other berries and berry combos as well). Pick over berries and combine with water and bring to boil. Reduce heat and simmer for 10 minutes. Mash well and strain out seeds.

Return the berry juice to the stove and add the salt and sugar, bring to boil and stir in the cornstarch slurry. Let thicken. Remove from heat and let get completely cold (this is best done the day ahead).

Make a stiff biscuit doug, pinch off golf ball sized pieces of dough and roll out to rectangle shape. Place some of the cool filling in the center of the douch. Fold over all four sides, sealing with some water along the edges. Fry in the hot oil until golden.

I find it best to make them and fry them as I go. I use deep oil and fry them one by one in a Asian wire frying utensil, so as not to break the dough. Drain them well and serve warm or at room temperature (not hot, unless you want to trip to the emergency room...). They are really good sprinkled with powdered sugar.

BERRY SOUP, SIOUX

1 1/2	lb	chuck steak, 1' thick, boned trimed; or use buffalo
3	tbs	peanut oil
1	medium	white onion, peeled and sliced
2	cups	beef stock
1	cup	fresh blackberries
1	tbs	light honey
		salt to taste

Broil or grill the meat until browned on both sides, allow to cool. In a Dutch oven, heat the oil and brown the onions. Cut the meat into bite-sized pieces and add to the pot. Add the blackberries and enough beef stock to barely cover the meat. Stir in the honey and simmer the meat, covered, until it is very tender, about 1 hour. If the berries are too tart, add honey to taste, add salt and serve in bowls.

BLACKBERRY BLUE CORN TAMALE

1 x no ingredients

Try to get blue corn masa harina for this; white or yellow will do, but blue looks prettier. Don't use ordinary corn meal; masa harina is treated with lime water and cooks differently. If you have dried corn husks, you can steam the tamales in them, otherwise use aluminum foil.

Tamale dough
3/4 cup strained blackberry puree
1/4 cup water
1/2 cup sugar
1/2 tablespoon maple syrup or molasses
1 cup blue corn masa harina
2 tablespoons softened butter
1 tsp fresh lemon juice
8 big dry husks, or 10" aliminum foil squares

Filling:
1/2 cup finely chopped pecans or black walnuts
2 tablespoons maple candy rolled into crumbs OR
2 tablespoons almond paste
Topping:
3/4 cup sour cream, do not use yoghurt
1/4 cup whipping cream
1 tsp vanilla
1 tsp almond extract
2 cups fresh blackberries "destemmed" and washed
2 TBS sugar

Bring puree, water, sugar and molasses to a boil. Whisk in masa harina and stir mixture over low heat at a slow-popping bubble for 10 minutes. Stir in butter and lemon juice off heat. Mixture should be a firm, dry dough. not sticky, not crumbly.

Roll and pat dough into 8 squares on the foil or husks, leaving 1-inch edge margin at the sides and slightly more at the ends (to tie up or twist-flod closed). Use about 4 TBS per tamale. The dough should be about 1/2 inch thick or less. Now lay out a row of filling along the long center of the tamale (parallel to long sides of husk if used). Fold up each edge around it to meet in the middle -- a fat rectangle, rather than a roll -- and press edges of tamale closed at ends and top. Fold up and tie husk ends (if using),or fold up and seal shut foil. Steam tamales for 10 minutes in a steamer or wok.

While steaming, whip cream, starting with whipping cream and adding sour cream, form soft peaks, add sugar and flavorings. Remove tamales, cool slightly, open them up and put on big serving plates. Pour a little juice from berries (if some has formed) over each tamale, top with some berries (1/4 cup each) and the cream, saving a few berries to garnish each dish.

If you can find blue corn masa harina, these tamales will be a very interesting purple color from the corn and berries. It's prettier if you

use maple syrup, not molasses. Note that you can use several other kinds of fillings: blackberry jam mixed with nuts, just nuts with sugar (but it tends to fall apart), nuts with some sugar and egg to hold it together, etc. You can also use a different kind of jam or jelly (strawberry, raspberry) with the nuts for a red color when the tamale is broken open. In my opinion, using jam or jelly makes it too sweet and overpowers the corn/blackberry flavors. You can also use raspberries instead of blackberries, but they are more sour, so use jam or jelly with the nuts, and don't use blue corn masa, use white or yellow corn masa, so the tamale will be pink.

Yield: 8 servings

BLACKBERRY BUTTERMILK SHERBET

1	lb.	bag frozen, unsweetened blackberrie; s
1		egg
1	dash	salt
1/8	tsp.	stevia reubadiana extract
2	c.	buttermilk

Slightly thaw blackberries. Transfer to a food processor or blender and process to puree. Set aside. Separate egg, setting the white aside. Combine egg yolk, and Stevia Rebaudiana extract in a bowl. Beat until thick and lemon-colored. Gradually beat in blackberry puree. Blend in buttermilk. Beat
egg white until it holds a firm peak. Fold buttermilk blackberry mixture into beaten egg white just enough to blend. Transfer mixture to an ice-cream
freezer and freeze according to manufacturer's directions, OR pour mixture into a 9 inch baking pan and place pan in freezer for 2 to 3 hours or until mixture is almost firm. Remove pan from freezer and break mixture into pieces. Place pieces in a chilled bowl. Beat with an electric mixture until smooth but not melted. Transfer back to pan. Cover and freeze until firm

BLACKBERRY CAKE WITH ICING

By: source unknown

3	c.	flour
2	c.	sugar
1/2	c.	butter
1	c.	mashed blackberries
1	c.	blackberry juice
2		eggs
1	tsp.	baking soda
1	tsp.	baking powder
1/2	tsp.	cinnamon
1/2	tsp.	nutmeg
2	T.	cocoa
		icing:
1	c.	powdered sugar
2	T.	cocoa
2	T.	butter
		hot coffee

Mix butter, sugar and eggs. Add dry ingredients alternately with berries and juice. Pour in a 13 x 9 x 2 inch pan and bake at 325 degrees for 45 minutes. Icing: Combine icing ingredients, add enough hot coffee to make a paste for desired consistency. Spread on the cake.

BLACKBERRY DUMPLINGS

1	qt.	fresh or frozen (loose-pack) blackb; erries
1	c.	plus 1 tablespoon sugar
		3l4 tsp.salt, divided
1/2	tsp.	lemon extract
1 1/2	c.	all-purpose flour
2	tsp.	baking powder
1/4	tsp.	ground nutmeg
2/3	c.	milk
		cream or whipped cream, optional

In a Dutch oven, combine the blackberries, 1 cup sugar, 1/4 teaspoon salt and lemon extract. Bring to a boil; reduce heat and simmer for 5 minutes. Meanwhile, in a mixing bowl, combine flour, baking powder, nutmeg and remaining sugar and salt. Add milk; stir just until mixed. (Dough will be very thick.) Drop by tablespoonfuls into six mounds onto hot blackberry mixture cover tightly and simmer for 15 minutes or until a toothpick inserted in a dumpling comes out clean. Spoon into serving dishes.

Serve with cream or whipped cream if desired.

BLACKBERRY DUMPLINGS

1	x	no ingredients

Blackberry Dumplings
The dough may be any favorite dumpling receipe, only add a little sugar. My GreatAunt Echohawk would crush the berries, add a little sugar and a small amount of lemon juice. She would thin the mixture with water and then drop the dough into the boiling desert mixture, covering the pot until the dumplings were cooked. Serve each dumpling with a good covering of berries and drizzle cream over the berries.

A Tribal Member

BLUE CORNMEAL PANCAKES WITH FRESH BERRIES

By: Better Homes and Gardens

1	c.	all purpose flour
1/3	c.	blue cornmeal or yellow cornmeal
2	T.	sugar
1-1/2	tsp.	baking powder
1/2	tsp.	baking soda
1/4	tsp.	salt
1	beaten	egg
1-1/3	c.	buttermilk
2	T.	cooking oil
3/4	cup	fresh blueberries
		margarine or butter
		maple syrup or maple-flavored syrup
		fresh berries (optional)

In a mixing bowl stir together flour, cornmeal, sugar, baking powder, baking soda, and salt. In another bowl combine egg, buttermilk, and oil. Add
to flour mixture all at once. Stir mixture just until blended but still lumpy. Fold in blueberries.

For each pancake, pour about 1/4 cup of the batter onto a hot, lightly greased griddle or heavy skillet. Cook until pancakes are golden brown, turning to cook second side when pancakes have bubbly surfaces and slightly dry edges. Serve warm with margarine and syrup and, if desired, fresh berries.

Yield: makes 12 pancak

BLUEBERRY BUCKLE

1/4	cup	shortening
1/2	cup	sugar
1		egg
1	cup	flour
1 1/2	tsp.	baking soda
		salt
1/3	cup	milk
		topping
1/2	cup	sugar
1/3	cup	flour
1/2	tsp	cinnamin
1/4	cup	butter

cream shortening. Add sugar,egg,and sifted flour with bakisoda and salt.
Add milk. Spread in a greased baking pan.
cover batter with blueberries.
cream together sugar,flour cinnamin, and butter.
sprinkle over berries. Bake in moderate oven 45 min.

BLUEBERRY CORNMEAL MUFFINS - SUGARFREE

1 1/2	cups	apple juice concentrate, thawed
1/2	cup	prune puree (recipe follows)
1/2	cup	buttermilk
3		eggs
2 1/2	cups	all-purpose flour
1 1/2	tsp.	baking soda
1/2	tsp.	salt
1/2	tsp.	cornmeal
2	tsp.	grated lemon peel
2	cups	frozen blueberries, unthawed (divid; ed)

Heat oven to 375 degrees. Coat 18, 2 3/4-inch muffin tin cups with vegetable cooking spray. In mixer bowl, combine concentrate, puree, buttermilk and eggs, beat thoroughly.

Sift together flour, soda and salt; add to wet ingredients with cornmeal and lemon peel; mix just until blended. Gently stir in 1 1/2 cups of the blueberries. Spoon batter into prepared muffin tin cups, dividing equally. Top each muffin with a few of the remaining blueberries. Bake about 20 minutes or until pick inserted into centers comes out clean. Cool on rack.

Yield: makes 18 muffin

BLUEBERRY DOG BELLY

		biscuit dough for the dog belly
		3cps. flour
1/2	tsp.	soda
1/2	tsp.	baking powder
1	tsp.	cream of tarter
1/2	tsp.	salt
		butter the size of an egg
		cold water

Make a biscuit dough and roll out in a rectangle. Cover with Blueberries and sugar. Roll up like a log, closing the edge as well, using toothpicks if necessary.

Wrap in a cheesecloth and tie the ends. Place in a saucepan of boiling water, with enough water to cover. Cook on top of the stove until done about 30 to 45 minutes. Slice and serve with thick fresh cream.

stir flour and dry ingrediants, add enough cold water to make a soft dough. Roll this out to desired thickness

BLUEBERRY-CORN RELISH

1 x no ingredients

2 ears fresh corn on the cob or 1/2 of a 10-oz. pkg. frozen whole kernel corn (1 C.)
1/4 C. chopped onion
1/4 C. vinegar
2 T. honey
2 tsp. seeded and finely chopped serrano pepper
1/4 tsp. salt
1/4 tsp. ground cardomom
1/2 C. chopped jicama
1 C. fresh blueberries

If using fresh ears of corn, remove husks and silks; rinse. Cut kernels from
cob. (You should have 1 C. of kernels.)
In a medium saucepan combine fresh or frozen corn, onion, vinegar, honey, chopped serrano pepper, salt, and cardomom. Bring mixture to a boil; reduce heat. Cook, uncovered, over medium-low heat for 4 minutes or until corn is just tender.
Remove from heat; cool slightly. Stir in jicama. Cover. Store in refrigerator up to 4 weeks.
Just before serving, gently stir in blueberries. Serve with slotted spoon. Makes 2 cups.

TRY THESE:

*Toss 1/2 tsp. of finely shredded lemon peel over a cup of blueberries. Dust
with powdered sugar just before serving. The combo is outstanding over lemon
or mango sorbet.
*Stir 1/3 C. of fresh berries into 1 C. of blueberry preserves with a pinch of cinnamon or cardomom. Serv over waffles, pancakes, or angel food cake.
*Combine a big splash of orange juice with a little honey and candied ginger. Stire in blueberries. Spoon into half a seeded papaya.

Like cranberries, blueberries contain compounds that may prevent urinary tract infections. These compounds keep bacteria from sticking to the wall of
the urinary tract.

Other Notes:
jicama [HEE-kah-mah]
Oten referred to as the Mexican potato , this large, bulbous root vegetable has a thin brown skin and white crunchy flesh. Its sweet, nutty flavor is good both raw and cooked. Jicama is available from November through May and can be purchased in Mexican markets and most large supermarkets. It should be stored in the refrigerator in a plastic bag and will last for about 2 weeks. When cooked, jicama retains its crisp, water chestnut-type texture. It's a fair source of vitamin C and potassium.
A member of the morning glory family that hails from Mexico and South America. A cousin of the sweet potato, this underground tuber comes in two types: agua (watery juice) and leche (milky juice). Like the hot pretzels on
the sidewalks of New York, jicama is a street food in its native habitat,

sold with a squeeze of lime and a shake of fiery chili powder.
Also called the yam bean root, jicama ranges in weight from a few ounces
to 6 pounds. Its crispy white flesh is hidden under a fibrous dust-brown
skin, which must be completely stripped off. Like potatoes, jicamas can be
steamed, baked, boiled, mashed or fried. Unlike potatoes, however,
they can also be eaten raw. Sliced into wide sticks, jicama makes a crunchy
carrier for guacamole and highly seasoned dips. Cut up into squares, it
enhances fresh fruit salad, absorbing and reflecting surrounding flavors. It
is equally versatile as a cooked vegetable -- sauteed with carrots or green
beans, stir-fried with chicken or shrimp, or simmered in savory stews. Low
in starch and calories, jicama is satisfying, flavorful and nowhere near as
strange as it looks.

cardomom

The oil bearing cardomom seeds come wrapped in seed pods, or capsules, wich
must be broken to release the seeds' yellow oil. These seedpods are sold
ground and whole. When whole, they are usually white colored, but they can
be found in stores both black (meaning they've been sun dried and are deeply
flavored) and green (which means they've been dried in indoor kilns and are
more mildly flavored).

Serrano

The chile that's smaller and hotter than a Jalapeno. The Serrano's life
cycle resembles a leaf's: It starts out as a bright, light to dark green
chile, and turns red, brown, orange, or yellow as it ripens. Since it's the
hottest chile readily available in the United States, your local grocery
store should stock the Serrano. Buy them either fresh or pickled.

BURNING TREE WOJAPI AND WILD HONEY CAKES

By: Burning Tree Native Grill

		blueberry wojapi
5	cups	blueberries
		water to cover
1	cup	sugar
1/2	cup	corstarch (mixed with water)
2	tbl	lemon juice
		wild honey cake
1	cup	water
1/3	cup	wild honey
1/3	cup	oil
3		eggs
1	box	duncan hines yellow cake mix
1/3	cup	mesquite flour
2	tbl	flour (add only at high altitude)
		glaze
1/4	cup	wild honey
1/4	cup	orange juice
1/4	cup	sun flower seeds

Wojapi: add sugarand water to blueberries, cover and simmer until cooked. Add corstarch water mixture slowly while stiring until thick. Add lemon juice. Cool and blend with a blender until smooth.

Mix first four ingreadients then add mix, mesquite and flour (if needed). Mix slowly until smooth then beat 2 minutes at medium speed. Pour into cupcake pans and bake at 375F, about 15-18 minutes. Mix glaze and use while cupcakes are hot and spinkle with sunflower seeds. To assemble dessert (all served cold). On a dessert dish make a design with wojapi using a squeeze bottle place one cupcake in middle of design, top with a little whip cream and a sprig of mint

CHEROKEE CRANBERRY CATSUP

2	cups	cranberries
2	lg.	onions (minced)
1	c.	white wine
1	c.	water
3	c.	sugar
2	c.	cider vinegar
1	tbls.	ground cinnamon
1	tbls.	allspice
1/2	tsp.	ground cloves
1	tbls.	celery seed
1 1/2	tsp.	pepper
1	tsp.	salt
1 1/2	tsp.	mustard (brown or dijon)

Boil cranberries and onions together with wine and water until berries pop. Allow mixture to cool slightly then transfer to blender and puree. Return the puree to saucepan and stir in remaining ingredients. Simmer over low heat for 30 min. until thick, stirring occassionally.

CHERRY CRANBERRY SHAKES (MODERN)

By: Mignonne

1	c.	cranberry juice, chilled
1	c.	cherry soda, chilled
1	t.	milk or half-and-half cream
		¾ tsp. vanilla extract
1	c.	vanilla ice cream, softened

Place all of the ingredients in a blender; cover and process until smooth. Pour into chilled glasses.

Yield: 3 ½ c.

CHIKASAW BERRY CORN COBBLER

1	qt	strawberries or oher berries
1/2	cup	Sugar
		topping
1	cup	corn meal
1/4	cup	Sugar
1/4	cup	Sugar
1	Tsp	baking pouder
1	Tsp	Salt
1/2	cup	sour milk (use 1 tsp vinigar to; sour milk
2	tblsp	butter or margarine; melted
		sauce
1/4	cup	honey
1	tblsp	butter or margarine
1	tblsp	lemon juice

Cut strawberries into pieces. Place berries in 2 qt. baking dish. Sprinkle with sugar. In small pot add sauce. Turn heat to med. high. when butter/margarine has melted, remove from stove and add to berries. Mix througherly. For topping, mix all dry ingredients, then quickly stir milk and melted butter/margarine. Top berries.

CORN BALLS (WAHUWAPA WASNA)

By: Offered by Louis Garcia Dakota Recipe

ground dried corn kernals
dried chokecherry or juneberry; (saskatoons)
tallo or lard (or substitute water)

Grind dried flour corn kernals in a hand grinder. Grind dried Chokecherry or Juneberry (Saskatoons). Mix the corn and berries together at a ratio of 4 corn to 1 berry. Put tallo in a frying pan and lightly brown the mixture. Note: The old timers at this point would put more tallo/lard in the pan. Dig into the corn mixture with the fingers and an elongated (four fingers wide) mass is formed. Thats why they call it in Dakota Wahuwapa (corn cob). Note: In English they are called Corn Balls probably because some tribes formed them into egg or ball shapes. Dry them in the sun for later storage.

Yield: three - four

CRANBERRY CUSTARD PIE

1	2 cups cranberries pulp
1	1 cup water

1 can (1.5 cups) sweetened condensed milk
1/4 cup lemon juice
2 well-beaten egg yolks
1 baked 9-inch pie shell
1/2 cup whipping cream
3 TBS sugar
1/2 tsp vanilla

Mix pulp with water, force through seive or puree in blender. Combine puree with lemonjuice, milk, eggs, mix thoroughly. Pour into pastry shell and chill till set. Whip cream to soft peaks, add sugar and vanilla, top pie with it.

CRANBERRY PULP

1	x	no ingredients

What to do with the leftover pulp?

1. Mix with mayonnaise (only use Hellman's), 1 cup cranberry pulp stirred into 2 1/2 cups mayo. Use this mayo on fruit salad or with broiled fish (good with salmon steaks).

2. Make ketchup out of it: 4 cups pulp, add 1 cup water, 1 cup vinegar, 1/4 tsp allspice, 1/2 tsp cloves, 1/2 tsp cinnamon, 1 tsp salt, 2 cups brown sugar. Heat to boiling to dissolve the sugar. Process in blender until all mushed up. If you'r going to can this, heat the ketchup to barely boiling for 10 minutes, put in sterile jars and process in watrer bath as explained for juice.

3. Cranberry sauce: Boil 1 1/2 cups sugar, 2 cups water per 4 cups pulp until sugar is dissolved throughout. You may be disappointed unless you add some lemon juice, orange juice and grated rind, as a lot of flavor has already been cooked out with the juice.

DUMPLINGS N BERRIES

1 x no ingredients

Ingreadients:

3 C. fresh strawberries, blueberries, or raspberries (or combination), or frozen berries, thawed and drained
1 C. water
2/3 C. sugar
1 tsp. grated lemon rind
1+1/2 C. all-purpose flour
1+1/2 tsp. baking powder
1/4 tsp. salt
A grating of fresh nutmeg
2/3 C. buttermilk

Instructions:

Combine the berries, water, sugar, and lemon rind in a saucepan over moderate heat and cook for 5 minutes, stirring often. Meanwhile, combine the
flour, baking powder, salt, and nutmeg in a mixing bowl. Stir in the buttermilk; do not over mix. Drop the batter over the berries, making 8 dumplings. Cover and simmer for 8 to 10 minutes. Serves 8.

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Yield: 8 servings

EASY WOJAPE

2	quarts	of berries (strawberries, blackberr; ies, blueberries, chokech
		sugar to taste
4	quarts	water
1	four	roll package of refrigerator biscui; ts
		cornstarch and water mixture to thi; cken

Put berries, water and sugar in a large pot. Bring to a boil stirring to dissolve sugar. Turn down the heat and let simmer. Open 1 roll of biscuits at a time. Break each biscuit into 4 pieces and drop the pieces into the hot liquid. These are your dumplings so add a lot of them. Cook berries and dumplings for about 5 minutes or until dumplings are done. Add cornstarch and water mixture to make the consistency of a loose pudding. Mixture will thicken as it cools. Serve hot in bowls or over vanilla ice cream. Also is super good cold

ELDERBERRY PIE

2 1/2	c	elderberries
1/2	c	sugar
1/8	ts	salt
2	tb	flour
3	tb	lemon juice

Mix elderberries, sugar, salt and lemon juice. Sprinkle with flour and dot with butter. Put in an 8' pie crust and cover with another crust. Bake at 350 degrees for 30 minutes.
Serve warm with a scoop of vanilla ice cream.

FRESH CRANBERRY SAUCE

1	x	no ingredients

You just want cranberry sauce for a turkey? OK, per 4 cups of fresh berries. Boil 1 1/2 cups sugar with 2 cups water for 5 minutes to make a syrup. Add berries and boil without stirring 5 minutes (skins will burst). That's it! 4 cups of sauce (about).

FRESH CRANBERRY SAUCE #2

1	x	no ingredients

Try a raw relish, instead of cooked cranberry sauce:

2 large oranges
4 cups cranberries
1.5 cups honey

Peel the orange zest, then peel off most of the bittr white under-rind. Cut the oranges across to remove any seeds. Force zests, cranberries, and orange sections through a food grinder and mix well together. Stir in honey. Make this several hours before using, so flavors can mingle sitting at room temperature. Makes about a quart of relish.

Whole raw cranberries can be used in most kinds of baked goods -- muffins, quick breads, pancakes -- the same as blueberries. They are much more sour than blueberries, so it's best to use them in rather sweet mixes. They are quite nice in banana bread, for example.

GOOSEBERRY COBBLER

2	cups	flour
1/2	cups	corn meal plus 2 tb
1/2	tsp	baking powder
1	tsp	salt
3/4	cup	butter or margarine
3/4	cup	boiling water
2	ea	cans (15 oz) sweetened whole gooseb; erries
1	tsp	honey
		juice of 1/2 lemon

Sift the flour with 1/2 cup corn meal, baking powder and salt. Using pastry blender or two knives, cut in butter or margarine. Quickly add the boiling water, mixing in well. Divide the dough in half, and pat half of it in a buttered 8'x8'x2' baking pan. Sprinkle with 1 Tb corn meal. Mash half of the gooseberries in their syrup, then stir in remaining gooseberries, honey and lemon juice; pour over the dough. Top with remaining dough; sprinkle with remaining Tb corn meal. Bake in very hot oven (425F) oven for 30 minutes, or until top is lightly browned. Cut into squares and serve.

Yield: serving size: 6

GOOSEBERRY COBBLER FROM LOREN MARTIN

2	c	Flour
1/2	c	Corn meal plus 2 Tb
1/2	ts	Baking powder
1	t	Salt
3/4	c	Butter or margarine
3/4	c	Boiling water
2	ea	Cans (15 oz) sweetened
		Whole gooseberries
1	t	Honey
		Juice of 1/2 lemon

Sift the flour with 1/2 cup corn meal, baking powder and salt. Using pastry blender or two knives, cut in butter or margarine. Quickly add the boiling water, mixing in well. Divide the dough in half, and pat half of it in a buttered 8"x8"x2" baking pan. Sprinkle with 1 Tb corn meal. Mash half of the gooseberries in their syrup, then stir in remaining gooseberries, honey and lemon juice; pour over the dough. Top with remaining dough; sprinkle with remaining Tb corn meal. Bake in very hot oven (425F) oven for 30 minutes, or until top is lightly browned. Cut into squares and serve.

From: The Art of American Indian Cooking by Yeffe Kimball and Jean Anderson, Avon Books, New York, NY, 1965.

Yield: 6 servings

Preparation Time (hh:mm): 0:00

HUCKLEBERRY CAKE WITH LEMON GLAZE

By: lghtheart4

1	cup	butter; softened
2	cups	sugar
4		eggs; beaten
1	tsp.	vanilla
3	cups	flour
		pinch of salt
1	tsp.	baking powder
2	pints	huckleberries
		glaze
1	cup	powdered sugar
1-2	tbsp.	lemon juice

Cream together butter and sugar. Add beaten eggs and vanilla. Combine flour, salt and baking powder and fold in blueberries. Combine the two mixtures and pour into a greased and floured tube pan. Bake at 350 degrees for 1 hour or until cake is completely cooked in the center. Allow cake to cool before removing from pan and placing on a cake plate. Combine glaze ingredients and mix well. Drizzle over cooled cake.

HUCKLEBERRY COBBLER

2	lg	t. lard
2	c	flour, sifted
1/4	ts	baking powder, sifted
1/2	ts	salt
1/3	c	water
2	T	flour
2/3	c	sugar
		huckleberries
		butter

Cream lard, 2 c. flour, baking ppowder, salt; add the 1/3 c. of water to make a soft dough. Roll and cover the bottom of a bread pan with part of the
dough and sift the 2 T. of flour and 2/3 c. of sugar together over the bottom crust. Place wahed berries over this until pan iis as full as you want it; add a bit of butter and cover with a perforated crust. The pperforations should be large enough to let the juice rise upp. Cook until brown. Serve with shipped cream.

LAKOTA WOJAPI

1	x	no ingredients

4 lbs blueberries (can use strawberries, any berries or peaches too)
4 cups water
2 cups sugar
Half a package of cornstarch or arrowroot to thicken
Mash the fruit
(with peaches it is good to cook them a little first).
Reserve some of the
water to mix up the cornstarch or arrowroot in. Put
mashed fruit, sugar and
water into pan and bring slowly to boil. Remove from
heat and stir in
cornstarch mixture. Watch for lumps+ACE- Place back on low
heat and stir well
until thickened to the consistency of pudding.

You can eat this over frybread, ice cream, or over

Yield: 5-10

RASPBERRY SAUCE

2	cups	raspberries
2	to	3 tablespoons honey

Notes: Spoon this sauce over the corn ice cream and chocolate sorbet. Make up to 1 day ahead, then cover and chill. If fresh raspberries aren't available, use thawed frozen unsweetened berries.
1. In a blender or food processor, purée berries. Rub through a fine strainer into a bowl.
2. Sweeten purée with honey to taste.

Yield: 1 cup;

Preparation Time (hh:mm): 12 mi

SASKATOON BERRIES

text

A basic ingredient in pemmican, the Native American dried food staple, this plant has an interesting legend. It is said that pioneers over wintering on the Great Plains had to wait for the ground to thaw in spring before they could bury their winter dead. Only one plant bloomed early enough that its flowers could be laid on the graves at the funeral services, and so it was called 'serviceberry.' Known by many names - Juneberries, shadberries, serviceberry, or serviceberries, Saskatoon berries are another great choice for adventurous gardeners. I have wondered why this plant is not more widely cultivated. Not only does it produce delicious edible fruit, it is hardy from Zones 3 to 9. In fact it will survive temperatures to -20 degrees F (-28 C).

Saskatoon berries makes superb fall foliage (many people put them in just for that), they are very drought-tolerant, compact but so sturdy that they make, and is commonly used for, an excellent windbreak, and is even self-fertile! America, what are you missing here? (Canada knows and loves it.) The shrubby plants, which reaches 15 feet or more at maturity, produce deep-reddish-purple fruits, borne on long stems singly or in clusters of two or three, that ripen in early to mid-July. The fruits taste a lot like blueberries. A very nice sweet flavor, there is a hint of apple in the taste About the size of a blackcurrant, the fruit is produced in small clusters. The fruit is rich in vitamin C, iron and copper. They're a little more tart than blueberries and a lot easier to pick. The plants bear fruits over a four- to six-week period, producing between two and four quarts of fruits per plant. The flowers are tiny and white, in clusters. These flowers are produced before the plants come into leaf, and are usually produced so abundantly that the whole plant turns white. Saskatoon berries occur over a wide range of situations, from dry rocky slopes in full sunlight to partial shade of conifers and in moist, deep, and fertile soils. It is a common shrub in coulees, bluffs, and open woods.

I find it interesting that the plant will survive a forest fire if the soil is moist and will even sprout vigorously and increase its number following a fire. As long as it receives enough moisture, the plants aren't picky about soil type, although they do prefer a near-neutral pH. It can grow in semi-shade (light woodland). I recommend an annual light pruning – just enough to get rid of the dead wood and broken or crossed branches. The one challenge you're likely to have growing Saskatoon berries is to keep the birds away. Use protective netting in areas where birds are a problem. The best way to propagate is by division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions. Diseases include several rusts, fire blight, minor insect pests. The leaves are a tea substitute.

Saskatoon/Serviceberries were an important food of the Blackfeet, who used them in soups, stews, and pemmican. Dried berries were also used as a trade item. The wood was prized for making arrows. Saskatoon was quite

widely employed as a medicinal herb by the Native Americans, A decoction of the fruit juice is mildly laxative. It has been used in the treatment of upset stomachs, to restore the appetite in children, it is also applied externally as ear and eye drops. A decoction of the roots has been used in the treatment of colds.

Young branches can be twisted to make a rope. Wood - hard, straight grained, tough can be used for tool handles etc. The wood can be made even harder by heating it over a fire and it is easily molded whilst still hot. The young stems are used to make rims, handles and as a stiffening in basket making.

Use the fruit in pies and cobblers. Can them in jams and jellies. Freeze them dry pack or in a light syrup, leave 1/2 head space. The fruit can also be dried and used as raisins or made into pemmican.

SASKATOON PEMMICAN

1	c	jerky, beef or venison
1	c	dried saskatoon berries or dried bl; ueberries
1	c	unroasted sunflower seeds or crushe; d nuts of any kind2 ts ho
1/4	c	peanut butter
1/2	ts	cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets. Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

Yield: yield: 3 cups

SASKATOON PEMMICAN I

1	c	jerky; beef or venison
1	c	dried saskatoon berries or-dried bl; ueberries
1	c	unroasted sunflower seeds orcrushed; nuts of any kind
2	ts	honey
1/4	c	peanut butter
1/2	ts	cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

From: Edible Wild Fruits and Nuts of Canada,

published by the National Museums of Canada,

SIOUX BERRY SOUP

Sioux Berry Soup

1 1/2 lb Chuck steak,
boned/trimmed
3 tb Peanut oil
1 md White onion,
peeled/sliced
2 c Beef stock (up to 3 cups)
1 c Blackberries
1 tb Honey
Salt to taste

Broil the chuck steak in the oven until brown on both sides. In the old days this would have been done over the fire, so you might wish to quickly barbeque the meat in order to increase the flavor. Set the meat aside to cool.

In a Dutch oven heat the oil and brown the onions. Cut the meat into bite-size pieces and add to the pot. Add the blackberries and enough beef stock to barely cover the meat. Stir in the honey and simmer the meat, covered, until it is very tender, about 1 hour. If the berries are too tart add more honey to taste. Add salt and serve in bowls.

Source: "The Frugal Gourmet Cooks American" by Jeff Smith.

SPICE BUSH BERRIES

text file

The Latin name is Lindera benzoin. It's in the Lauraceae family. The berries taste a little like allspice. As well the bark, twigs, berries and the fresh leaves can be made into a tea with a citrus-spice taste. Dried leaves loose their aroma and flavour.

Dry out the berries and grind them up with a mortar and pestle for powdered spice or use them whole in soups and stews.

For pictures just put the words Lindera benzoin and jpg into a search engine and you'll find lots of good photos at university sites.

SWEET BLACKBERRY BLUE CORN TAMALE

By: Paula Giese

		tamale dough:
3/4	c.	strained blackberry puree
1/4	c.	water
1/2	c.	sugar
1/2	t.	maple syrup or molasses
1	c.	blue corn masa harina
2	t.	softened butter
1	tsp.	fresh lemon juice
8	big	dry husks, or 10' aluminum foil squ; ares
		filling:
1/2	c.	finely chopped pecans or black waln; uts
2	t.	maple candy rolled into crumbs or 2; t. almond paste
		topping:
3/4	c.	sour cream, do not use yoghurt
1/4	c.	whipping cream
1	tsp.	vanilla
1	tsp.	almond extract
2	c.	fresh blackberries 'destemmed' and; washed
2	t.	sugar

I don't remember where I got this recipe, but it is from Paula Giese. If you don't know who she was, I know you can do a search of the archives because her name had come up in the past. Or maybe someone will be so kind as to give us an explanation along with her web site. Can't remember what that address is. This recipe calls for blue corn masa which I have never seen, but since we're such an inventive bunch I'm sure we can figure out how to make this one work. The almond paste should be available at a health food store or maybe an asian market. Not sure on that one. Min Try to get blue corn masa harina for this; white or yellow will do, but blue looks prettier. Don't use ordinary corn meal; masa harina is treated with lime water and cooks differently. If you have dried corn husks, you can steam the tamales in them, otherwise use aluminum foil. Bring puree, water, sugar and molasses to a boil. Whisk in masa harina and stir mixture over low heat at a slow-popping bubble for 10 minutes. Stir in butter and lemon juice off heat. Mixture should be a firm, dry dough. not sticky, not crumbly. Roll and pat dough into 8 squares on the foil or husks, leaving 1-inch edge margin at the sides and slightly more at the ends (to tie up or twist-flod closed). Use about 4 TBS per tamale. The dough should be about 1/2 inch thick or less. Now lay out a row of filling along the long center of the tamale (parallel to long sides of husk if used).

Fold up each edge around it to meet in the middle -- a fat rectangle, rather than a roll -- and press edges of tamale closed at ends and top. Fold up and tie husk ends (if using),or fold up and seal shut foil. Steam tamales for 10 minutes in a steamer or wok. While steaming, whip cream, starting with whipping cream and adding sour cream, form soft peaks, add sugar and flavorings. Remove tamales, cool slightly, open them up and put on big serving plates.

Pour a little juice from berries (if some has formed) over each tamale, top with some berries (1/4 cup each) and the cream, saving a few berries to

garnish each dish. If you can find blue corn masa harina, these tamales will be a very interesting purple color from the corn and berries. It's prettier if you use maple syrup, not molasses. Note that you can use several other kinds of fillings: blackberry jam mixed with nuts, just nuts with sugar (but it tends to fall apart), nuts with some sugar and egg to hold it together, etc. You can also use a different kind of jam or jelly (strawberry, raspberry) with the nuts for a red color when the tamale is broken open. In my opinion, using jam or jelly makes it too sweet and overpowers the corn/blackberry flavors. You can also use raspberries instead of blackberries, but they are more sour, so use jam or jelly with the nuts, and don't use blue corn masa, use white or yellow corn masa, so the tamale will be pink.

Yield: 8 servings

SWEETPOTATOES STUFFED WITH CRANBERRIES

1	x	no ingredients

1 1/2 cups of cranberry sauce
3 TBS butter
1/3 cup brown sugar
1 tsp salt
1/2 cup chopped nuts

Bake potatoes until tender and easily peelable (about 30 minutes). Peel just the skins, cut in half lengthwise. Scoop out some of the insides and reserve. Stuff both halves, holding the potato back together with toothpicks. Put in greased oven pan, mound the removed insides mashed and heaped around them. Mix sauce, nuts, sugar, butteer, salt and pour over. bake at 350 uncovered until lightly browned, about 20-25 minutes. Goes well with turkey, roast chicken, or duck. If you want to take less trouble with it, don't hollow and stuff the potatoes, chunk them and pour th cranberry sauce over them.

Yield: 6

YAKIMA POACHED BERRIES IN HONEY SYRUP

1	qt.	berries (strawberries, blueberries,; raspberries)
1/2	c.	honey
3	tbls.	granulated sugar
2/3	c.	water

Place honey sugar and water in sm. saucepan and boil rapidly for 5 min. Reduce heat. Rinse off berries under tap water. Drop berries in honey mixture and simmer on low heat for 5 min. Turn off heat and let berries cool to room temp. in the syrup. Serve warm or cold, ladling syrup over each portion.

Yield: serves 6-7